



Red Ribbon Week

October 23rd – 31st, 2020

Dear Muirlands parents and guardians,

The last week of October is recognized as Red Ribbon Week. Red Ribbon Week was established in 1985 to advocate for drug free youth and to bring awareness of the harmful effects of drugs.

This year's Red Ribbon Campaign Week Theme is: **Be Happy. Be Brave. Be Drug Free.** Students can keep themselves safe and healthy by exercising, staying in school, and being aware of your surroundings.

On our Counseling and Muirlands websites are web links to the Natural High Program that you may want to visit. There are great videos from some extraordinary people living their lives naturally high. These storytellers include Bethany Hamilton, Terry Kennedy, Rob Machado, Donald Brown, and others. In addition, there are discussion questions included in order to have follow up conversations with your child(ren).

Thank you,

Muirlands Middle School